








Enhanced Recovery

Enhanced Recovery After Delivery (ERAD) guidelines for your hospital stay can help you bounce back faster.

Follow these steps for a **STRONG FINISH**

After Your Delivery – While You’re In The Hospital

<p>Medications</p> 	<p>Some pain after delivery is normal. We want to partner with you to manage your pain. To keep you comfortable, we effectively use non-steroidal anti-inflammatory drugs (Ibuprofen, Ketorolac, and Acetaminophen/Tylenol®). We encourage you to take pills by mouth..</p> <p>Enhanced Recovery After Delivery (ERAD) has been proven to:</p> <ul style="list-style-type: none"> • Effectively manage pain while limiting the use of narcotic painkillers. • Reduce unwanted side effects including nausea, constipation and swelling. • Enable patients to move, drink and eat more quickly after delivery. • Help patients to feel better faster. 			
	<p>4 – 6 hours after delivery</p>	<p>1 day after delivery</p>	<p>2 days after delivery</p>	<p>3 – 4 days after delivery</p>
<p>Diet</p> 	<p><u>For Cesarean Delivery:</u> Drink approved clear liquids: Water, flavored water, apple juice, cranberry juice, black coffee or tea, Gatorade.</p> <p>If tolerating clear liquids, begin to eat solid foods.</p> <p>Chew gum 3 times a day for 10 minutes. Don't swallow gum.</p> <p><u>For Vaginal Delivery:</u> Hydrate and eat solid foods as tolerated.</p>	<p><u>For both Cesarean Section and Vaginal Delivery:</u></p> <p>Continue to drink liquids.</p> <p>1.5 liters of water a day is recommended.</p> <p>Eat solid foods when you are ready.</p>	<p><u>For Cesarean Delivery:</u> Continue to chew gum and advance diet as tolerated.</p> <p>Try to eat small, healthy frequent meals for the first week after delivery.</p> <p><u>For both Cesarean Section and Vaginal Delivery:</u> If breastfeeding, gradually increase diet to include an additional 500 calories of healthy foods and increase fluid intake.</p> <p>Drink lots of fluids, goal is 1.5 liters / day.</p> <p>Because protein encourages healing, eat a minimum of 60 grams of protein per day. (There are about 7 grams of protein in one ounce of cooked meat, poultry or seafood.)</p>	
<p>Activity</p> 	<p><u>For Cesarean Delivery:</u></p> <p>Wear sequential compression devices while in bed.</p> <p>Call the nurse to assist the first few times you get out of bed.</p>	<p><u>For Cesarean Delivery:</u></p> <p>With the assistance of your nurse:</p> <p>Goal 1: Walk within 8 hours after your surgery to your chair, the bathroom, and/or to the shower.</p> <p>Goal 2: Advance activity to include walking 3 to 4 times in the hallway.</p>	<p><u>For Cesarean Delivery:</u></p> <p>Be up in your chair more than in bed.</p> <p>Goal is to be out of bed 4 hours or more.</p> <p>Walk 4 times or more during the day.</p>	<p>Be up in your chair more than in bed.</p> <p>Goal is to be out of bed for more than 6 hours.</p> <p>Walk more than 4 times per day.</p>

	4 – 6 hours after delivery	1 day after delivery	2 days after delivery	3 – 4 days after delivery
Activity 	<u>For Vaginal Delivery:</u> Call for nurse assistance the first two times you get out of bed.	<u>For Vaginal Delivery:</u> Walk at least four times during the day. As a new mom, rest is also important. Take time to nap throughout the day.	<u>For Vaginal Delivery:</u> In addition to caring for yourself & baby, walk at least four times during the day. Be up in your chair more than in bed.	Don't lift anything heavier than your baby.
Breathing Exercise 	<u>Cesarean Delivery:</u> If you received an incentive spirometer prior to surgery, breathe deeply using spirometer 10 times per hour upon arrival to your room.	<u>Cesarean Delivery:</u> Inhale deeply using spirometer 10 times per hour while awake.	<u>Cesarean Delivery:</u> Inhale deeply using spirometer 10 times per hour while awake.	<u>Cesarean Delivery:</u> Inhale deeply using spirometer 10 times per hour while awake.
Breastfeeding 	Discuss breastfeeding preference with your care team. Breastfeed or pump as soon as possible after birth.	Ask for lactation support and learn how to use hand expression and/or pump. Breastfeed at least every 2-3 hours or as directed by the lactation consultants.	Your nurse and lactation consultant can address any questions you have.	
Plan for your discharge 	Ask questions.	Inform the care team of your Pediatrician's name. Complete Birth Certificate with a care team member.	Baby care to be completed: Metabolic and hearing screening, blood oxygen levels, jaundice levels. Bring car seat for discharge.	Review home care instructions with nurse. Schedule follow up appointments with pediatrician and OB prior to discharge.

***Thank you for partnering with us to enhance your recovery.
We want you to have the best possible delivery experience!***